



GUIDE



Surgical Day Care Unit Patient Information

CAT.: 414520



The Ottawa | L'Hôpital
Hospital | d'Ottawa



Disclaimer

This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified healthcare provider. Please consult your healthcare provider who will be able to determine the appropriateness of the information for your specific situation.

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It is important to read and follow all instructions in this booklet. Bring this booklet to the Surgical Day Care Unit on the morning of your surgery or procedure.

Name of patient:

- **Do NOT eat solid food or drink liquids after midnight the evening before your surgery:**
You may drink **water (2 cups ONLY)** up to 3 hours before your arrival time to hospital. **Do not** chew gum or suck on hard candy.
- **Medication to take** on the morning of your surgery: (take with a **sip of water only**) as instructed by your nurse or doctor.

Please check ✓ appropriate box:

You may take your usual medication (in the morning) on the day of your surgery.

You must take **ONLY** the following medications (in the morning) on the day of surgery.

1.

2.

3.

4.

5.

Do **NOT** take the following medication on the day of your surgery:

1.

2.

3.

4.

Other important instructions:

Signature: *(Nurse/Health Care Provider)*

Date of your surgery:

Time of arrival to hospital:

Time of your surgery:

I will be escorted home by:

Escort's phone number:

Surgical Day Care Unit

Welcome to The Ottawa Hospital. The Surgical Day Care Unit staff provide care to patients who need surgery but who do not have to stay overnight in the hospital. This booklet will give you an idea of what you can expect before, during and after your surgery. Your health care team will give you specific information about your surgery or procedure.

Important:

Call your surgeon as soon as possible if you think you are getting a **cold, flu** or **other illness** or if you have started **taking any new medication** since your Pre-Admission Unit visit or last visit with your surgeon.

Please be sure to read and follow all of the instructions given to you by your nurse, anesthesiologist and surgeon before and after your surgery.

Phone numbers

Surgical Day Care Unit

- General Campus 613-737-8407
- Civic Campus 613-761-4718
- Riverside Campus 613-738-8531

Admitting Department

- General Campus 613-737-8200
- Civic Campus 613-761-4131
- Riverside Campus –
Patient Registry 613-738-8400, ext. 81016

Hours of operation – Monday to Friday

- General Campus** and **Civic Campus**
Surgical Day Care Unit: 6 a.m. – 9 p.m.
- Riverside Campus** Surgical Day Care Unit:
6:45 a.m. – 6:30 p.m.

✓ ***Patient checklist: before surgery...***

- Make arrangements for a responsible adult to take you home after your procedure and stay with you overnight. Your **surgery may be cancelled if you do not have a responsible adult to take you home.**
- If you live more than 100 km away from the hospital you must make arrangements to remain in Ottawa overnight (after surgery) with a responsible adult.
- If you need a medical certificate or insurance form to be completed, let your surgeon know **before** the day of your procedure.

- If you take **regular medication**: you will be told at the time of your Pre-Admission Unit visit or your pre-surgery phone call or as instructed by your surgeon **which medication you must take** on the day of your surgery.
- If you are taking **anticoagulants (blood thinners)** such as **coumadin, fragmin, plavix, aspirin or other ASA** containing medication let your doctor and nurse know. If you are not scheduled for a Pre-Admission Unit visit, you need to call your surgeon to let him/her know that you are on these medications. Your surgeon will likely want to adjust your medication one week prior to your surgery or procedure date.
- If you are pregnant or think you might be, you must tell the staff and surgeon before your surgery or procedure.
- Stop smoking as long as you can before and after surgery. Smoking adds risk to your surgery.

The day before your surgery...

- General Campus:** The hospital will call you between 5 p.m. – 8 p.m. the evening before your surgery to give your arrival time to hospital.
- Civic Campus:** The hospital will call you the afternoon before your surgery to give your arrival time to hospital. If your surgery is scheduled for Monday or after a long weekend, you will be called on Friday.

- **Riverside Campus:** Call patient registration at 613-738-8400 ext. 81016 between the hours of 1 p.m. and 3 p.m. the **business** day before your surgery. You will be given your surgery time and admission time. Your surgery time could be changed the day of surgery so please confirm the time on arrival to Surgical Day Care. *If your surgery falls on a Tuesday after a holiday Monday, please call on the Friday before.*

Note: You must arrive on time or your surgery may be cancelled. Your arrival time is **NOT** the time of your surgery. You will be given your **surgery time** when you arrive at the Surgical Day Care Unit. **If you have questions**, please phone the Surgical Day Care Unit the day before your surgery.

- Please be aware that although we try hard to prevent **surgical cancellations**, your surgery may be cancelled on the day you are booked because of special circumstances such as emergency surgeries or unexpected delays in the Operating Room.

✓ ***Patient checklist: evening before surgery...***

- **Do not eat solid food or drink liquids after midnight the evening before your surgery. You may drink water (2 cups ONLY) up to 3 hours before your arrival time to hospital. Do not chew gum or suck on hard candy.**

- Take a shower or bath using antimicrobial soap. This reduces the chance of a wound infection. Do not use scented soap, shampoo or body creams etc.

✓ *Patient checklist:*
before coming to the hospital on the day of surgery...

Medication:

- Take only the medications** that you have been told to take by the doctor or nurse. You may take them with a sip of water only.
- If you are taking any of the following: **You must bring these items with you to the hospital:**
 - Inhalers (for asthma)
 - Nitro spray (for chest pain)
 - Insulin (do **not** take the morning of surgery)
 - Pills for diabetes (do **not** take the morning of surgery)
- Bring a list of your medications (prescription and non prescription) if you are having surgery at the **Civic Campus** or if you did not have a Pre-Admission Unit visit.
- If you have **sleep apnea** and use a machine at night, you must bring it with you on the day of surgery.

- If you will need **crutches, canes, splints** or any other devices prescribed by your surgeon bring them with you.
- Take another **shower** using antimicrobial soap.
- Wash your hair with non-scented shampoo unless told otherwise.
- Do **not** wear perfume, scented lotions, aftershave, or use scented hair products. You may use deodorant unless told otherwise. (Perfume may cause severe allergic reactions for many people).
- Follow any** other skin preparation instructions given to you by the doctor or nurse.
- Brush your teeth but do not swallow.
- Remove** all make-up, nail polish and all jewellery.
- Remove **ALL** body piercing jewellery.
- Leave all money and valuables, including jewellery (including wedding bands) and keys, at home.
- You may wear dentures, glasses (bring case), hearing aids and other such aids to the hospital.
- Label all your belongings and bring a bag or backpack for them.
- Leave contact lenses at home.
- Wear loose, comfortable clothing.
- If your surgery is at the **Civic Campus**: bring your provincial health card.

- If your surgery is at the **General Campus**, your health card is not required on the day of surgery but you must bring your hospital green card if you have one.
- If your surgery is at the **Riverside Campus**, a hospital green card was made for you at your Pre-Admission Unit visit and will be on your chart.
- Bring this booklet** with you to the hospital.
- Bring the telephone number (or cell phone number) of the **adult who will take you home** after your procedure. We will contact that person 30–60 minutes before you are ready to leave.

The hospital **will not** be responsible for valuables or belongings brought to the Surgical Day Care Unit. The Ottawa Hospital will not take responsibility for lost or stolen articles.

At the hospital on the day of surgery...

- At the **General Campus** report to the Surgical Day Care Unit Reception desk on the 2nd level of the Critical Care Wing. (See map).
- At the **Civic Campus** report to the Surgical Day Care Unit Reception Desk on the 3rd floor, 'D' section. (See map).
- At the **Riverside Campus** report to the Surgical Day Care Unit on the main floor. (See map).

- You **must be on time** on the day of surgery. If you are late, your surgery may be cancelled.
- There will be a **2–3 hour waiting time** between your arrival time and your surgery time. (You may wish to bring something to read).
- The responsible adult who will accompany you home may wait for you at the hospital or may return home/to work. We will call that person when you are ready to go home.
- Please remember that our space is limited. We ask that you **limit** the number of persons coming with you to one (1).
- Cell phones are **only allowed** in public areas of the hospital such as the cafeteria, coffee shop or lobby areas. Cell phones are **not allowed** in patient care areas and must be turned off.
- Please ask your escort to set his/her cell phone on vibrate so others are not disturbed and to turn the cell phone off in patient care areas.
- Share all important medical information** with the health care team before your surgery. (i.e. reaction to medication or anesthetic, allergies, current medication taken before surgery.)
- The middle page of this booklet contains a map with **directions to pick up a patient from the Surgical Day Care Unit**. Please give this map to the person who will be taking you home.

In the Surgical Day Care Unit

- A nurse will meet you and will explain how your day will proceed.
- You will be asked to change into a hospital gown. You may place your belongings in a locker.

In the Operating Room

- A transport worker will take you to the operating room by stretcher.
- It is possible that you will wait a few minutes in the hallway before you enter the operating room itself.
- No visitors are allowed in the (operating room) Surgical Suite area.
- The operating room nurse and an anesthesiologist will come and speak with you.

After surgery

- When your surgery is over, you will be brought to the Post-Anesthetic Care Unit (PACU) or be returned to the Surgical Day Care Unit (SDCU) depending on the anesthetic you receive.
- **No visitors** are allowed in PACU and SDCU.
- The nurse will frequently check your pulse, blood pressure, oxygen level, breathing, site of your operation and pain control.

- **Let your nurse know** if you feel any of the following: pain, nausea and/or vomiting, itchiness or difficulty urinating.
- Your nurse will encourage you to **deep breath and to cough**: take a deep breath in through your nose and blow out through your mouth.
- You will stay in the PACU until your doctor and nurse decide you are ready to go to the Surgical Day Care Unit. This time varies from patient to patient.
- During your stay in the Surgical Day Care Unit you will be given something light to eat and drink depending on your condition.
- Your doctor and nurse will decide when you are ready and able to go home from the Surgical Day Care Unit.
- Your nurse will contact the person who will be taking you home 30–60 minutes before you are ready to go home.

✓ *Patient checklist:* ***on leaving the hospital...***

Each patient recovers from surgery differently. The time needed after surgery to recover and go home is different for each person.

- A responsible adult **must** accompany you home even if you are travelling by taxi.
- A responsible adult must remain with you overnight.

AN ANESTHETIC IS A DRUG – Please be aware that for 24 hours after your surgery regardless of what anesthetic you were given **you are NOT permitted to:**

- Drive a motorized vehicle: It is a **criminal offence** to drive a motorized vehicle after you have had anesthetic.
- **Do not** perform any tasks requiring skill, coordination or judgment.
- **Do not** make any binding legal decisions.
- **Do not** drink alcohol since it will increase the effects of your anesthetic and/or pain medication and is unsafe.
- **Do not** take any medication such as sedatives or tranquilizers unless prescribed by your physician.
- **Do not** take illegal “street” drugs.

Pain Control

Pain is **personal**. The amount of pain you feel may not be the same as others feel, even if you have had the same surgery.

- Your pain should be controlled enough that you can rest comfortably. The pain should not prevent you from deep breathing or coughing, getting out of bed or walking. Take the pain medication as prescribed by your surgeon to be sure you can do these things.

- Pain medication can cause constipation. Drink plenty of water and eat foods high in fiber.
- Your prescriptions can be filled at the hospital drugstore or your local pharmacy.

Nourishment

- Light food can be taken as you are able.

Activity

- Rest quietly at home for the rest of the day.
- Contact your surgeon if you have not urinated within 12 hours of returning home.

Regular Medications

- If you are taking any regular medication, please **ask your surgeon** if you should continue to take it after your surgery.

Follow-up

- You will be given a **follow-up** appointment time or be asked to call your surgeon's office to book a follow-up appointment.
- Call your surgeon if you are unable to attend this appointment.

The hospital may phone you on the next working day following your surgery to check your progress and answer any further questions.

Discharge Instructions

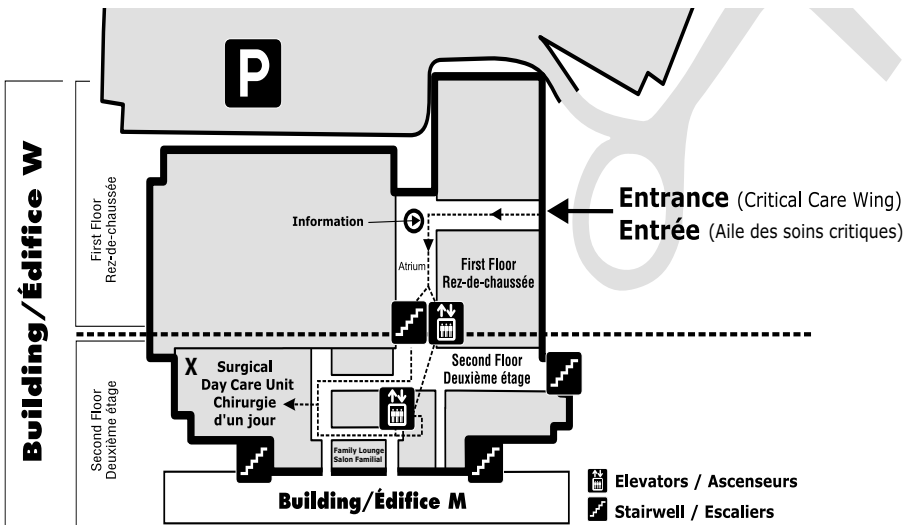
- You will be given discharge instructions after your surgery. It is important to follow **ALL** instructions given to you from your doctor and nurse.
- If you have any **urgent concerns** please contact your surgeon's office or go to the nearest Emergency Department.

Please note that there is NO Emergency Department at the Riverside Campus. You can go to either the General Campus or Civic Campus Emergency Department.

General Campus

Please follow the directions below when coming to the Surgical Day Care Unit, Critical Care Wing, General Campus:

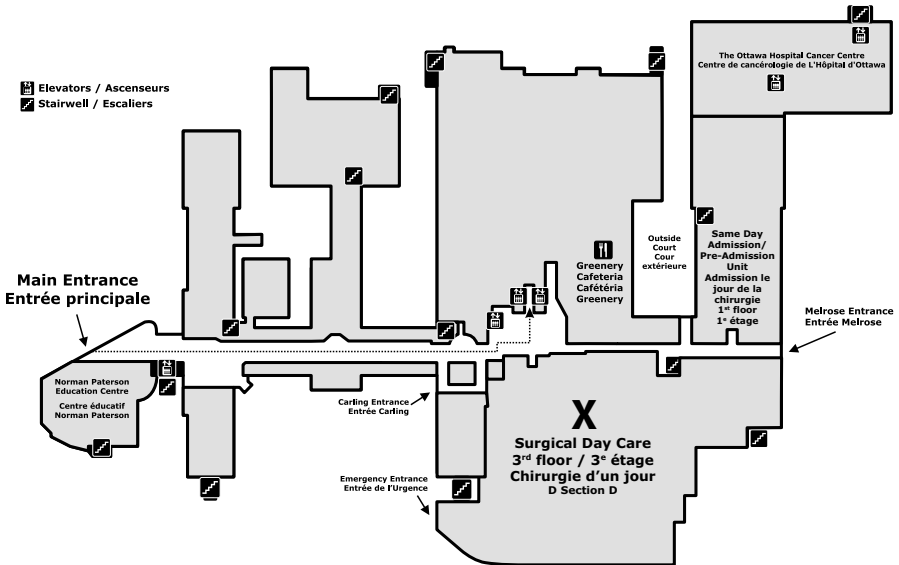
1. Enter the hospital through the Critical Care Wing (W) entrance (see map).
2. Proceed to the 2nd level using the stairs located in the Critical Care Wing (CCW) lobby or the elevator which is located just past the staircase.
3. Follow the signs to the Surgical Day Care Unit.
4. **To pick up patients**, please ask the person picking you up to arrive using the Critical Care Wing (W) entrance. He/she can confirm that the patient is ready to be picked up by using the dedicated phone line labelled “Surgical Day Care” at the CCW Information Desk or call SDCU reception desk 613-737-8407 using your cell phone.



Civic Campus

Please follow the directions below when coming to the Surgical Day Care Unit, 3rd Floor, 'D' Section, Civic Campus:

1. Go to the Main Entrance **or** the Carling Entrance (see map), as instructed by the staff.
2. Use the **dedicated** phone labelled '**Surgical Day Care**' to speak to the staff in the Surgical Day Care Unit.
3. The patient will be brought down to you, unless you are told otherwise.



Riverside Campus

Please follow the directions below when coming to the Surgical Day Care Unit, Riverside Campus, Main Level:

1. Park at the meters across from the front entrance or in the parking lot closest to the front entrance.
2. Come to the Surgical Day Care Unit (see map) on the main level to pick up the patient.

